

Dragging Down Pains

is a symptom of the most serious trouble which can attack a woman, who is suffering from this. With this, comes the most irregular and painful periods, weakness, dizziness, headache, nervousness, irritability, loss of sleep, etc. The cure is

WINE OF CARDUI

The Female Regulator

that wonderful, curative, vegetable extract, which acts with a marvelous, strengthening influence, on all female organs. Cardui relieves pain and regulates the periods. It is a sure and permanent cure for all female complaints.

At all druggists and dealers in \$1.00 bottles.

"I SUFFERED AWFUL PAIN" writes Mrs. M. J. Gray, of Webster, Mass. "I was in my right and left sides, and my weakness was very painful and irregular. After taking Cardui I feel like a new woman and do not suffer as I did. It is the best medicine I ever took."

It is unsafe to bury the dead past-
etter examine it.

A man can have a very peaceful
and happy life.

OTHER GRAY'S SWEET POW-
ERS FOR CHILDREN.

Gray's Sweet Powders, sold by Mother Gray
in the Children's Home in New
York, Cure Croup, Whooping Cough,
Sore Throat, and all other ailments of
children. They never fail. Sample Free.
Gray's Sweet Powders, 25c. Sample Free.
Gray's Sweet Powders, 25c. Sample Free.

THE OUTING COSTUME.

A Sensible New Tennis Dress Evolved

—No Strictly Golfing Frocks to Be Seen.

For tennis heavy white skirts, well cut and quite short, are the rule, with short sleeves and low-turned collars, ruling favorites for the year. The tennis suit proper is a new idea just being developed, and is now being fashioned in one piece with loose but well-shaped waist lines, short, full sleeves, and with skirt pored so that the extra fullness of the hem is well controlled above the knees.

Heavy linen crash seems to be a well-liked fabric for these suits, with trimmings of small, scarlet buttons, and with accessories accompanying, consisting of crash-colored scarlet-cloaked hosiery, tennis shoes that must, and hat with soft, rolling brim, made of stitched crash or of panama, and trimmed with a scarlet band. A scarlet belt is worn occasionally.

Bloomers of silk or of cotton are also worn with this style frock, eliminating the necessity of petticoats, that are always wringing around one's ankles during swift plays.

In the golfing world, dress that includes strictly golfing frocks is an unknown thing. Women revel in unmade skirts and waists, observing only the following points, to wit: short and very full skirts; big sleeves, elbow length, and made so as to allow full, unconfined play for the arms during the swing, and eyes shaded by a hat that may be pulled down upon the head and stay there, and equipped with a very narrow brim.

For wet days a good, serviceable sweater is the most comfortable thing in existence. Waists of soft, colored or black glori silk are worn under these sweaters, coming forth from the knit embraces, wrinkleless and unmarred by the contact of either sweater or rain. The sweater itself is nicely shaped, closely-fitting and buttoning in front, and is well equipped with snug, flat pockets that will hold a lady's little vanity necessities, all of which, by reason of woman's inconsistencies, go forth with the links as well as the ball-room.

Red jackets are no longer the rule, and although they are seen occasionally upon the links, they have greater legendary significance than practical value.

Skirts are now equipped with elastic bands run in below the hips and buttoned there, so as to control the fullness of the skirt. All skirts are short, nay, above the ankles, and are made of linen as well as woolen materials, the cotton material standing the hard service attending golf playing very well indeed.

FORBIDDEN TO USE SNARES

Englishman Once Bought Aid of Law for Protection Against Cunning Females.

That woman has been the same in all ages in her efforts to ensnare the unsuspecting male by artificial aids is proved by an old English statute, passed 236 years ago by parliament. So far-reaching was the havoc wrought among masculine hearts by the devices of cunning females that the men were forced to seek the protection of the law, as is shown by the statute in question, which reads as follows:

"That all women, of whatever age, rank, degree or profession, whether virgins, maids or widows, that shall from and after the passing of this act impose upon and betray into matrimony any of his majesty's male subjects by wiles, artifices, cosmetics, washes, artificial teeth, false hair, Spanish wool, iron stays, hoops, high-heeled shoes or bolstered hips, shall incur the penalty of the law now in force against witchcraft, sorcery and such like misdemeanors, and that the marriage, upon conviction, shall stand null and void."

Judging by the forceful wording and the specification of minute details, it seems that some of the members of parliament had been "stung."

MARK TWAIN'S EARLY HUMOR

Advertisement for Lost Umbrella, and "Hartford" Toast Proclaimed His Coming Greatness.

In his early Hartford days Mark Twain took an active interest in baseball in common with most of his fellow citizens, says Harper's Weekly. While attending an exciting match he lost a gold-headed umbrella, which he advertised in the local papers somewhat after this fashion:

"Lost—\$10 reward. A gold-headed umbrella was lost by the undersigned on the grandstand at the baseball ground on Saturday. It was probably stolen from him while he was engaged in cheering the Hartforders for their victory over the Providence nine, presumably stolen by a red-headed, freckled face boy about 12 years old. For the body of the boy and the umbrella delivered at my house on Farmington avenue \$10 will be paid. For the body of the boy or the umbrella separately, \$5 for either. For the boy alive, nothing under any circumstances." This advertisement was signed with his full name and address.

At a dinner given by some local mercantile or business organization Mr. Clemens responded to the toast of "Hartford." In his speech he glorified the city as the one place in the world which provided for every possible human need. He said that Hartford wrote life insurance policies to protect their persons, and fire insurance policies to protect their future. It made guns and pistols with which to kill men, and printed books to tell them how to live and Bibles to tell them how to die. In short, it supplied all their needs, not only here but even hereafter.

ABOUT PRESSING FLOWERS

Pressed Flowers Are Pleasant Souvenirs of a Vacation—How They May Be Preserved.

No prettier or more pleasure-giving vacation spent at the seashore or in the country could be found than a specimen book filled with dried flowers, leaves and seaweeds, and the work of gathering and preparing them would amuse the most indifferent boy or girl. Then it is very simple, and costs little time and trouble.

The collector should provide himself with a tin botanical box, or, lacking this, with several dozen sheets of soft, thick, unglazed wrapping paper, and two boards for covers. The paper and the boards should be several inches larger than the book in which the specimens are to be preserved, advises the Chicago Inter Ocean.

As each specimen is gathered, place it between two sheets of the paper, being careful to make it lie in a natural position. When the collector reaches home, he should transfer the specimens to fresh sheets of paper, placing several sheets between them, and when they are thus placed, one on top of the other, they should be weighted down with anything convenient, say books, or heavy boards, or even stones.

They should remain thus weighted for from 24 to 48 hours, and should then be removed to fresh sheets of paper, and be packed and weighted down as at first, allowing them to stay so for another period of from 24 to 48 hours. The paper used in the first packing may be dried and used again.

When the specimens are taken from the second packing, they should be mounted or fastened on separate sheets of paper for preservation. There are several ways of doing this. One way is to gum down the whole flower or leaf, but a better way is to fasten it in place by putting narrow bands of paper over parts of it. By the last method it is possible, if desired, to remove the specimen to a fresh sheet of paper.

The specimens may be mounted in a scrapbook, or the separate sheets may be kept in a box of proper size; if the latter, a light weight should be kept on them. A bit of camphor in the box will preserve the specimens, but better still is it to open and examine them now and then, so that they may get air. No specimen should be put away until it is perfectly dry, or it will mold.

On each sheet containing a specimen should be written the name of the flower or leaf, with the place where it was obtained, and the date.

A Hair Dressing

Nearly every one likes a fine hair dressing. Something to make the hair more manageable; to keep it from being too rough, or from splitting at the ends. Something, too, that will feed the hair at the same time, a regular hair-food. Well-fed hair will be strong, and will remain where it belongs—on the head, not on the comb!

The best kind of a testimonial—"Sold for over sixty years."

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of SASSAPARILLA, PILLS, CHERRY PECTORAL.

Ayer's

Backache

Any person having backache, kidney pains or bladder trouble who will take two or three Pine-Ules upon retiring will be relieved before morning.

The medicinal value of the crude gums and resins obtained from the Pine-Ule have been recognized by the medical profession for centuries. In Pine-Ules all of the virtues of the Native Pine are of value in relieving all

Kidney and Bladder Troubles

Prepared by PINE-ULE MEDICINE CO., Sold by E. T. Whitehead & Co., Scotland Neck, and by drugstore, Hobgood.

WE KEEP ON HAND

SHOPS WITH A MICROSCOPE

Wealthy Woman Declares That by This She Has Saved Hundreds of Dollars.

According to a wealthy New York woman a pocket microscope is a necessity at present to every modern shopper. "I have shopped with a microscope for six years now," to quote her own words, "and I calculate that it has saved me in that period hundreds of dollars. For simple everyday buying the odds and ends of housekeeping or the toilet a glass would not, of course, be of much service. There would not be time to use it for one thing. But I make it a rule never to buy anything of importance without first applying to it the magnifying test. I use mine in buying dress goods, linens, particularly lace and jewelry. A good magnifying glass will show up in what is apparently sound and reliable goods some unexpected flaw which depreciates its value. No woman should make a purchase of jewels without most carefully examining each stone. Jewels are of the nature of a money investment on which one may some day wish to realize again, and flaws which are invisible to the naked eye are perfectly well known to the jeweler who handles the wares."

WOMEN GAINING IN POWER

Have Recently Been Granted Many Privileges in Norway—Advance Claimed in Canada.

Students of female emancipation may be interested to learn from the report of the National Council of Women in Norway that that country has recognized the right of women to sit on a jury; that the stonishingly recently nominated a woman as the winner of the Nobel prize, and that a school has been started to instruct young girls in the responsibilities of citizenship as well as in the care of children. It is also learned that the number of women who voted for the separation of Norway from Sweden was greater than that of the men.

These and other facts of similar character were brought out at a recent meeting of the Women's Institute in London, where one of the speakers, a Mrs. Fitzgibbon, who claimed to belong to the race "of Vikings of British North America," asserted that Canadian women were in a position to rule Canada owing to their advanced views and perfect organization the moment an entering wedge could be made by which they might gain the power of suffrage.

Health in Hot Weather.

Not much meat should be eaten in hot weather; less food of any sort is needed than in winter. Food has two functions: as fuel to sustain heat; as energy to move the muscles. The one need is almost wholly and the other largely suspended in July. Alcoholic drinks are doubly dangerous in hot weather. Lead weak tea is an excellent drink if one dips out the ice and throws it away, allowing the liquid to lose its chill. Iced water in families should be prepared by setting sealed jars of water in the refrigerator at a distance from the ice, never by putting cracked ice in the goblets. A temperature of 42 degrees is low enough for drinking water. Extreme fatigue should be avoided, but it is not true that "it doesn't pay to get heated up going out to town." Young children who both become ill and recover more quickly than adults, are often literally saved from death by a single day in cool air.

Preaches Simple Life.

Solomon N. A., the prophet of the simple life in its extreme sense, has arrived in Paris in the hope of interesting prominent persons in his scheme of founding a sanitarium in the mountains where he would have only children as his patients and would bring them up to live a purely natural life. N. A. lives on raw fruit and vegetables, never touching eggs, milk or butter or meat of any kind. He does not even drink water and bathes only about once a year, and he believes that a daily rubbing down with a towel is sufficient to keep the body clean. He has a curious history, having once been in the Dutch consular service. He lost a fortune of 300,000 francs in an unsuccessful speculation in Java and since then has gone about the world in strange garb, preaching his new doctrine.

Confirmed.

Homage—Now that Lushan is married I don't suppose he gets out with the boys so much as he used to. Holmes—Oh, he doesn't get out at all now.

Homage—Indeed? That, of course, is due to his wife's influence.

Holmes—Well, yes, I believe it was she who swore out the warrant.

The Resemblance.

"Really, Mr. Chatters," said Miss Patience Gonne, "your talk reminds me of my favorite champagne."

"Ah!" exclaimed Chatters, delightedly, "because it's so sparkling? Really, I—"

"No," interrupted Miss Gonne, "it's extra dry."

Will Preserve the Buffalo.

Hunters of big game will be interested in the report made to the New York Zoological society by J. Alden Loring regarding the selection in the Wichita forest and game reserve of a location for a buffalo range on which the American bison may be allowed to develop. It is proposed to have a range covering about 12 square miles near the town of Oronia, which shall be fenced in, placed in charge of a forester and a caretaker and protected by the nation to the end that the buffalo may be propagated in sufficient numbers to maintain the species in vigor. The great enemies of the buffalo, besides men, are the Texas fever and the wolves, and in the section chosen there is little danger of the fever, while the wolves, which attack the buffalo calves, may be exterminated by allowing hunting in the inclosed territory.

Only Slight Mistake.

The London Truth's puzzle department recently awarded a prize to the author of the following "specimen of amusing things said by parents to their children":

A pitman was exceedingly proud of the "wonderful scholarship" of his son. One day he put the lad through an examination as follows: "Billy, what gender am I?" "Masculine." "Right. Now, what gender is yer mother?" "Feminine." "Right, agen. An' what gender is this teapot?" (Takes up Britannia metal teapot.) "Newtor." "Wrong, Billy; an' that's the first mistake of yer knaw'd yer to mek. Still, it ain't a very big blunder—yer only said 'newtor' instead of 'pewter.'"

Stuffed Eggplant.

Cut the eggplant in two; scrape out all the inside and put it in a saucepan with a little minced ham, cover with water and boil with salt; drain off the water; add two tablespoonsful of grated crumbs, tablespoonful of butter, half a minced onion, salt and pepper; stuff each half of the hull with the mixture; add a small lump of butter to each and bake 15 minutes.

That the Cake Be Light.

To prevent a cake from becoming heavy when taken out of the oven always allow the steam to escape from it. This can be done by putting the cake on a wire meat stand.

Ginger Plaster.

Ground ginger used for plasters instead of mustard is just as good to "draw" and it never blisters.

A CERTAIN CURE FOR ACHING FEET.

Shake into your shoes Allen's Foot-Powder, a powder. It cures Tired, Aching, Callous, Sweating, Swollen Feet. At all Druggists and Shoe Stores, 25c. Sample FREE.

German Potato Cakes.

This well known German dish has been made a part of the cookery of our country, introduced by many of our German families. In making it grate the potatoes raw, add butter to enrich it, eggs and flour to hold the grated potato together, a little salt, and season with sugar and cinnamon to taste. The cakes are fried in butter on a griddle or in a flat saucenpan till brown.

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